

3.19.20 Meditation – Romans 12:9-13

“Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection, outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.” (Romans 12:9-13 NRSV)

If my math is correct, Franklin Schools have passed out 1,479 meals to families in the community in three days. This is but one example of the exemplary care that is being shown in our area and in countless areas around the country and the world. We will make it through this crisis only as we reach out rather than hoard inward.

A friend shared an article by psychologist Dr. Gretchen Schmelzer entitled, “This Can Be Our Finest Hour- But We Need All of You.” She states what we all know: life like we thought would transpire in spring 2020 has been completely undone. We are learning to adjust to the rapid changes around us, but it’s not easy. One of the best ways to cope is to engage in activities that help others.

Dr. Schmelzer asks her readers to recall 9/11 and Hurricane Sandy. Rather than allowing ourselves to be consumed by the newscasts, we can mitigate our anxiety by engaging in “generosity of spirit.” She advises that we ask ourselves, “What can I and my family do to help?” “What can we offer?” A simple phone call to an isolated person can change their day. Dr. Schmelzer suggests, “It can only be our finest hour if we work together...shine in whatever way you can.”

Jesus advocated the same thing. He taught to love God first, and then love your neighbor as yourself. It is more blessed to give than to receive. May God look upon us and say, “Well done, thou good and faithful servants.”

My song for tomorrow is “Amazing Grace.” You can check out Dr. Schmelzer’s article at <https://grownandflown.com/finest-hour-covid-19>

May the Lord bless you and keep you.

Pastor Laura